

# Fall 2015 Group Fitness Schedule

**Runs until Sunday, January 3, 2016**

(Updated Monday, December 7)

Schedule may change at any time; please reference the website for the most updated version: <https://starport.jsc.nasa.gov/>

To receive updates on the schedule, subscribe to our ListServ by emailing: [jsc-fitness-subscribe@lists.nasa.gov](mailto:jsc-fitness-subscribe@lists.nasa.gov)

Monday			
Time	Class	Location	Instructor
5:45-6:30 a.m.	<a href="#">SPINNING®</a>	Studio 2	Liz
9-10 a.m.	<a href="#">BALLEAN™</a>	Studio 1	Alison
11-12 p.m.	<a href="#">Yoga Blend</a>	Studio 1	Luca
4:30-5:25 p.m.	<a href="#">Tai Chi</a>	Studio 1	Barbara
4:30-5:15 p.m.	<a href="#">SPINNING®</a>	Studio 2	Kim
4:30-5:20 p.m.	<a href="#">Hatha/Classical Yoga</a>	Studio 3	Laura
5:30-6:20 p.m.	<a href="#">Dance Jam</a>	Studio 1	Heather
5:30-6:15 p.m.	<a href="#">SPINNING®</a>	Studio 2	George
5:30-6:30 p.m.	<a href="#">Zen Deep Stretch</a>	Studio 3	Alison
6:30-7:30 p.m.	<a href="#">BODYPUMP™</a>	Studio 1	Leslie

Thursday			
Time	Class	Location	Instructor
6-7 a.m.	<a href="#">Hatha/Classical Yoga</a>	Studio 3	Laura
11-12 p.m.	<a href="#">BODYPUMP™</a>	Studio 1	Luca
11:30-12:15 p.m.	<a href="#">Endurance Ride</a>	Studio 2	Melanie
11:30-12:30 p.m.	<a href="#">Pilates</a>	Studio 3	Tracy
12:15-1:15 p.m.	<a href="#">Taekwondo</a>	Studio 1	Stan/Matt
4:30-5:30 p.m.	<a href="#">BODYPUMP™</a>	Studio 1	Leslie
4:30-5:15 p.m.	<a href="#">SPINNING®</a>	Studio 2	Rai
5:30-6:30 p.m.	<a href="#">Pilates</a>	Studio 3	Chloe

Tuesday			
Time	Class	Location	Instructor
6-7 a.m.	<a href="#">Hatha/Classical Yoga</a>	Studio 3	Laura
6:30-7 a.m.	<a href="#">Interval Training</a>	Studio 1	Mae
10-10:45 a.m.	<a href="#">Active Adults</a>	Studio 1	Tonya
11-12 p.m.	<a href="#">BODYPUMP™</a>	Studio 1	Tonya
11:30-12:30 p.m.	<a href="#">Long Ride</a>	Studio 2	Crystal
11:30-12:30 p.m.	<a href="#">Pilates</a>	Studio 3	Tracy
12:15-1:15 p.m.	<a href="#">Taekwondo</a>	Studio 1	Stan/Melissa
4:30-5:20 p.m.	<a href="#">Kickboxing</a>	Studio 1	Carissa
4:30-5:20 p.m.	<a href="#">Beginner Yoga</a>	Studio 3	Laura
5-5:45 p.m.	<a href="#">Beginner SPINNING®</a>	Studio 2	Melanie
5:30-6:20 p.m.	<a href="#">BALLEAN™</a>	Studio 1	Alison
5:30-6:20 p.m.	<a href="#">Pilates: Level II</a>	Studio 3	Chloe
6:30-7:30 p.m.	<a href="#">Zumba®</a>	Studio 1	Tiffany

Friday			
Time	Class	Location	Instructor
5:45-6:30 a.m.	<a href="#">SPINNING®</a>	Studio 2	Jessica
6-7 a.m.	<a href="#">BODYPUMP™</a>	Studio 1	Carissa
6:30-7 a.m.	<a href="#">Core Strength Fusion</a>	Studio 3	Jessica
10-10:45 a.m.	<a href="#">Step &amp; Sculpt</a>	Studio 1	Jim
11:30-12:15 p.m.	<a href="#">SPINNING®</a>	Studio 2	Crystal
11:30-12:20 p.m.	<a href="#">Beginner Yoga</a>	Studio 3	Laura
12:30-1:30 p.m.	<a href="#">Taekwondo</a>	Studio 1	Stan/Charles
12:30 to 1:30 p.m.	<a href="#">Kundalini Yoga</a>	Studio 3	Vicky
3:30-4:15 p.m.	<a href="#">Tabata &amp; Abs</a>	Studio 1	Sherif
3:30-4:15 p.m.	<a href="#">Therapeutic Stretch &amp; Mobility</a>	Studio 3	Rai
4:30-5:30 p.m.	<a href="#">Zumba®</a>	Studio 1	Tiffany
4:30-5:15 p.m.	<a href="#">SPINNING®</a>	Studio 2	Rai
4:30-5:30 p.m.	<a href="#">Yogalates</a>	Studio 3	Jim

Wednesday			
Time	Class	Location	Instructor
5:45-7 a.m.	<a href="#">Ride &amp; Run</a>	Studio 2	Lisa & Liz
6-7 a.m.	<a href="#">BODYPUMP™</a>	Studio 1	Carissa
8-9 a.m.	<a href="#">Strength &amp; Stretch</a>	Studio 1	Mae
11-11:30 a.m.	<a href="#">Warrior Mobility</a>	Studio 1	Erin
11:30-12 p.m.	<a href="#">H.I.I.T.</a>	Outer Space	Nichole
11:45-12:45 p.m.	<a href="#">Tai Chi</a>	Studio 1	Barbara
4:30-5:15 p.m.	<a href="#">Dance Jam</a>	Studio 1	Jessica
4:30-5:15 p.m.	<a href="#">SPINNING®</a>	Studio 2	Kim
4:30-5:20 p.m.	<a href="#">Zen Deep Stretch</a>	Studio 3	Alison
5:30-6:20 p.m.	<a href="#">Muscle Jam</a>	Studio 1	Heather
5:30-6:30 p.m.	<a href="#">Long Ride</a>	Studio 2	Liz
5:30-6:20 p.m.	<a href="#">Yoga</a>	Studio 3	Linda
6:30-7:30 p.m.	<a href="#">BODYPUMP™</a>	Studio 1	Leslie
6:30-7:15 p.m.	<a href="#">Roll With It</a>	Studio 3	Heather

Saturday			
Time	Class	Location	Instructor
8:30-9:30 a.m.	<a href="#">Long Ride</a>	Studio 2	Melanie
9:15-10:15 a.m.	<a href="#">Cardio Blast</a>	Studio 1	Jennifer
9:30-10:30 a.m.	<a href="#">Hatha/Classical Yoga</a>	Studio 3	Laura
10:30-11:30 a.m.	<a href="#">BODYPUMP™</a>	Studio 1	Carissa/Leslie

Sunday			
Time	Class	Location	Instructor
9-10 a.m.	<a href="#">Long Ride</a>	Studio 2	Crystal/Vicky
10-11 a.m.	<a href="#">Basic Yoga</a>	Studio 3	Anita
1 to 2 p.m.	<a href="#">Taekwondo</a>	Studio 1	Charles

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